

	<b>Lower Providence Emergency Medical Service Standard Operating Guidelines</b>	
	<b>Subject:</b> <i>Member Guidelines- Fitness Facility Usage</i>	<b>SOG #101-027</b>
	<b>Approved:</b> Chief Christopher J. Reynolds	<b>Initiated:</b> June 2021  <b>Revised:</b> September 2023

**Description:** Lower Providence EMS encourages the health and wellbeing of all members of the organization. LPEMS recognizes that the state of being physically fit is more important than the precise program followed to attain fitness. Therefore, a considerable amount of individual discretion is allowed regarding personal fitness goals, and facility usage.

**Purpose:** To provide all members with an understanding of the procedures for facility usage to ensure all members have access to this facility. This facility is provided to ensure all members have access to a facility where then can better prepare themselves to perform the strenuous physical requirements of emergency operations per LPEMS Position Description(s), to reduce the chances of injuries and health problems, and to enhance the overall health, wellness, happiness, and longevity of members.

**Procedure:** Lower Providence EMS provides a fitness center for use by all members of LPEMS 16 years of age and older.

1. All members are required to complete a liability waiver (Appendix 101-027A) and facility orientation prior to being authorized to use the fitness center.
  - a. Contact LPEMS Chief or Director to set up an appointment for fitness center orientation.
2. Only members of LPEMS and Township Public Safety Organizations are eligible to use the fitness center.
  - a. The authorization of a Public Safety organization other than LPEMS is subject to the approval of the Chief of said agency and the Board of Directors of LPEMS.
  - b. The fitness center is open 7 days a week from 6:00 am until 10:00pm for members not on duty.
  - c. The overnight duty crew may utilize the facility after 10:00pm with verbal agreement from all parties.
3. Access is by key card which will be coded for entry upon completion of a signed waiver and orientation.
  - a. LPEMS is not responsible for any injury or accident occurring in the facility or during use of the facility including use of the shower area.
  - b. LPEMS is not responsible for any lost or stolen items left in the bunk room or brought into the workout area.

4. SAFETY FIRST! Contact your health care provider prior to using the facility for advice on types of exercises that are appropriate for you. Also contact your health care provider for advice on when to return to exercise following any injury or illness. Start out slowly and increase workout time and intensity gradually. Make sure to include a proper warm-up and cool-down into your workout routine.
  
5. Any sweat left on fitness equipment should be toweled off immediately after use of the equipment.
  - a. All equipment shall be disinfected with provided spray and/or wipes after usage.
  
6. Proper workout attire must be worn.
  - a. Members should not use the facility while in regular work attire.
    - i. Examples of proper attire include gym shorts, yoga pants, sweatpants, tee shirts, and tank tops.
  - b. On Duty members may use the facility after all station chores are complete.
    - i. Members must be able to quickly change back into work attire and respond to calls when needed.
    - ii. Sub station members wanting to utilize facility while on duty shall coordinate with the Main station Duty Crew to have crew relocated to Sub Station territory for duration of work-out and shower.
    - iii. Duty Crew's are responsible to respond to all calls for service in accordance with SOG 400-001.
  - c. Shower facilities are available.
  - d. Employees who return to work after using the fitness center should do so in their normal work attire and should shower.

### Safety

The primary purpose of the Fitness room is to provide a facility for members to train and exercise to limit the chances of injuries to personnel and promote good health and wellness. As in most other aspects of emergency service, safety should be a prime concern. Personnel should follow recognized techniques for exercising, weightlifting, and all other aspects of fitness training. All members should follow safe practices in the performance of physical training.